

How to Support Infant Safe Sleep in the Hospital

In addition to implementing a [safe sleep policy](#), conducting crib audits and ensuring that staff are trained, there are many ways hospitals can support infant safe sleep.

- Designate a “Safe Sleep Champion” for each unit serving infants to help keep infant safe sleep a priority.
- Host educational sessions, such as Lunch and Learns or Grand Rounds, to educate all hospital staff about safe sleep.
- Know what safe sleep resources are available – review the [Infant Safe Sleep Informational Packet for Hospitals](#). These resources can be ordered for free from the [MDHHS Clearinghouse](#).
- Add safe sleep information and videos to the Hospital Newborn Network. [Find videos you can use](#).
- Utilize posters that promote safe sleep and protective factors (i.e., breastfeeding, immunizations). Put them in patient rooms, in lounges, on bulletin boards. Do not limit to birthing units.
- Set up a safe sleep environment display in a public area of hospital. This could include a crib, display board and resource materials.
- Use [Modeling Safe Practices: A Checklist for Infant Sleep & Breastfeeding Images](#) to review patient literature, the hospital website and images used throughout the hospital to ensure they model breastfeeding-friendly, safe infant sleep practices. [Find images you can use](#).
- Provide sleep sacks for parents to use during the hospital stay (newborn nursery and pediatric admissions) and provide at least one sleep sack to families at discharge. The [HALO® In-Hospital Safe Sleep Modeling Program for the Birth Center, NICU & PICU](#) provides hospitals with a free annual allotment of sleep sacks.
- Sell sleep sacks in the gift shop, instead of blankets. If stuffed toys or blankets are sold, add a tag that shares safe sleep information.
- Have a lactation consultant on staff, available 24/7. Refer families to local support groups and resources.
- Ensure OB/GYN and pediatric clinics affiliated with the hospital also support safe sleep. Clinics can put in place many of these activities as well.

- Refer families to supportive services:
 - Home visiting – www.mihomevisiting.com
 - WIC – Michigan.gov/WIC, 1-800-26-BIRTH, or families can download the [WIC Connect app](#)
 - Breastfeeding support – 1-833-MIWICBF (649-4223) for the [WIC breastfeeding warmline](#) or explore local coalition resources on the Michigan Breastfeeding Network website at www.mibreastfeeding.org/coalition
 - Smoking cessation – Michigan.gov/Tobacco

If you have questions, need additional information or are looking to connect with community agencies in your areas to assist in these efforts, please contact the MDHHS Infant Safe Sleep Program at MDHHS-InfantSafeSleep@michigan.gov.